

DINNERLY



Low-Cal Haloumi and Roast Pumpkin Salad with Lemony Yoghurt Dressing



30 minutes



2 Servings

This has all you want in a salad: sweet pumpkin, salty haloumi, earthy burghul and a mix of fresh green leaves – all dressed in a lemony yoghurt dressing. Low-cal? Too right it is!

WHAT WE SEND

- 400g kent pumpkin
- 180g haloumi ⁷
- 60g burghul ¹
- 1 lemon
- 100g Greek-style yoghurt ⁷
- 50g mixed salad leaves

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 100ml boiling water
- 3 tsp olive oil
- ½ small garlic clove
- 1 tsp dijon mustard ¹⁷
- 1 tsp honey

TOOLS

- oven tray
- baking paper
- medium frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 595kcal, Fat 30.8g, Carbs 44.3g, Proteins 28.9g



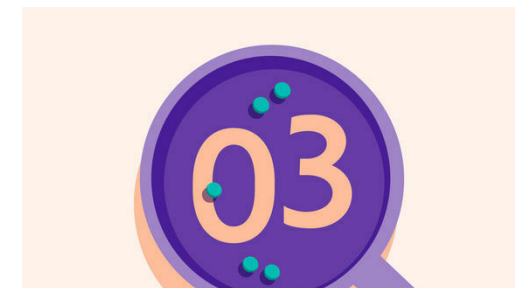
1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Peel the **pumpkin** (see Make it yours) and cut into 2cm chunks. Cut the **haloumi** into 5mm-thick slices. Put the **burghul** in a heatproof bowl, pour in **100ml boiling water**, season with **salt and pepper** and stir to combine. Cover the bowl with a plate and stand for 10 mins until the water is absorbed.



2. Roast pumpkin

While the burghul is soaking, put the **pumpkin** on the lined tray. Drizzle with **2 tsp olive oil**, season with **salt and pepper** and toss to combine. Roast, turning halfway, for 20 mins or until golden and tender.



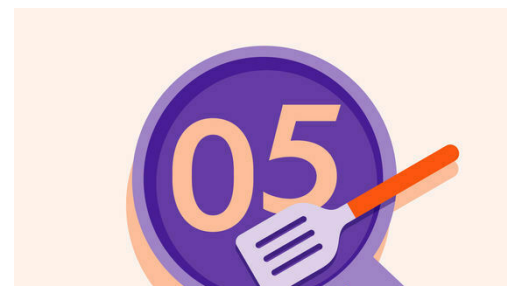
3. Make yoghurt dressing

Meanwhile, crush ½ **small garlic clove**. Juice **half the lemon**, then cut the **remaining half** into wedges. Put the garlic, **yoghurt**, **2 tsp lemon juice***, **1 tsp dijon mustard** and **1 tsp honey** in a large bowl and whisk to combine. Taste, then season with **salt and pepper**.



4. Pan-fry haloumi

Heat **1 tsp olive oil** in a medium frypan over medium-high heat. Cook the **haloumi** for 1-2 mins each side until golden. Remove the pan from the heat.



5. Serve up

Add the **salad leaves** and **burghul** to the yoghurt dressing and toss gently to coat. Divide the **salad**, **roast pumpkin** and **haloumi** among bowls. Serve with the **lemon wedges** to squeeze over. Enjoy!



6. Make it yours

Pumpkin skin is edible, nutritious and delicious, especially when roasted. It also saves time and waste, so feel free to leave the skin on.